



GHB





What is GHB?

- **GHB, or Gamma Hydroxybuteric Acid, is a central nervous system depressant that sometimes causes hallucinations.**
- **Also known as a *date rape* drug because of its association with sexual assaults.**
- **Usually found as a clear liquid with a slight salty taste.**





Learning Objectives

- Identify the chemical name for GHB.
- Identify the effects GHB can have on the human body.





What is GHB?



- **GHB is often sold by capful or teaspoon and consumed orally.**
- **Each dose appx. \$5-\$10 and is 1-5 grams.**
- **Also known as Georgia Home Boy, Liquid X, Goop and Grievous Bodily Harm.**
- **Schedule I Substance in the United States.**





History of GHB

1960s - GHB is developed as an anesthetic.

1980s - GHB can be bought in health food stores and use begins to rise amongst body builders.

1990 - FDA bans over the counter sale of the drug through out the United States.

1997-99 - Several states and countries pass laws to control the sale and consumption of GHB.

2000 - GHB designated a Schedule





How is GHB Used?



- GHB is almost always consumed orally.
- Sometimes mixed with sweet or strong alcoholic drinks.
- Onset of the effects occur approximately one hour after ingestion.
- Effects of GHB can be felt for up to six hours.





Effects of GHB - Low Dosage

Low, or recreational, doses are considered to be 1-2 capfuls by users. Low doses of GHB can cause:

- **Hypnotic Consciousness**
- **Relaxation**
- **Reduced Inhibitions**
- **Decreased Motor Skills**
- **Mild dizziness**
- **Nausea**
- **Lowered Blood Pressure**
- **Lowered Heart Rate**





Effects of GHB - High Dosage

High doses are considered to be 3-4 capfuls by users. The effects of high doses have been compared to those of extremely heavy drinking:

- Slurred Speech
- Nausea / Vomiting
- Vertigo
- Hallucinations
- Respiratory Distress
- Amnesia
- Seizures
- Coma / Death





GHB Testing in the Army

- **GHB is detectable in urine for approximately 24 hours after consumption.**
- **The Army DOES NOT test for GHB on a regular basis.**
- **Contact your local ASAP for assistance and guidance regarding testing for GHB as special procedures MUST be followed.**
- **The illegal use of GHB or any drug goes against Soldiers Values and Warrior Pride.**





Additional Information

Additional information on GHB can be found by contacting the Army Substance Abuse Program or by visiting www.acsap.army.mil.





WARRIOR

- P**ersonal **Courage:** Possess the Personal Courage not to use drugs or abuse alcohol and to notify the Chain of Command of Soldiers that do.
- R**espect: Show your Respect to the Army, your unit, fellow Soldiers, and yourself by staying drug free and drinking responsibly.
- I**ntegrity: Stay true to the Army Values and Warrior Ethos by supporting the Army's drug and alcohol policies.
- D**uty: Do your duty as a Soldier and stay mentally and physically tough by not using drugs or abusing alcohol.
- E**xcellence: Exhibit honorable behavior on and off duty - don't be a substance abuser!